

## **COHSG -- Optional Tests**

### **Prostate Specific Antigen (PSA)                      Cost: \$22.00**

PSA is a substance that is produced within the prostate gland. As a man ages, it is generally normal for his PSA level to increase. However, levels that are above 4.0 ng/ml often suggest the presence of prostate cancer or other conditions that irritate the prostate gland. The PSA test is a blood test that can be done using the same specimen we will draw for the basic health screening. If someone has an elevated PSA test, we will notify him to seek follow-up care with his physician.

### **C - Reactive Protein (CRP)                      Cost: \$17.00**

CRP is a plasma protein, which plays a role in the body's immune system. CRP levels increase with inflammation within the body. We utilize the CRP-cardiac method to try to assess the risk of cardiovascular disease. The theory behind this practice is two-fold. First, to varying degrees, everyone has plaque buildup on the arterial walls. If an individual has inflammation of the tissues within the arterial walls, it could create a bulge in the wall. Second, it could cause a piece of the plaque to break off and it would then go through the bloodstream until reaching a narrow passage. This could cause a blockage, which could induce a heart attack or stroke. While the CRP test can not absolutely indicate arterial wall inflammation, it is designed to give a better indication of cardiac risk than just knowing cholesterol levels.

### **CA -125                      Cost: \$30.00**

Ca-125 is used as an indicator of some types of cancer, especially ovarian cancer. In most cases it is not recommended as a screening tool for the general population. It is usually utilized to follow known cases of ovarian cancer or to determine if the cancer has returned. Some in the medical community suggest using the CA-125 test, along with ultrasound to screen women that have a family history of ovarian cancer.

### **Hemoglobin A1C                      Cost: \$57.00**

Hemoglobin A1C is a test used to assess glucose control for people with diabetes. It is meant to evaluate blood glucose levels over the preceding 2-3 months. Most guidelines for care recommend both a self-check of blood glucose and a lab test of Hemoglobin A1C every 6-12 months if diabetes is well-controlled (A1C less than 7%). If hemoglobin A1C is above 7%, more frequent testing (every 3 months) can evaluate if control is improving.

### **Homocysteine                      Cost: \$42.00**

Homocysteine is an amino acid found in the blood. One may have high levels of homocysteine, when cholesterol, white blood cells, calcium and/or plaque build up in your blood vessels. This build up may increase your chances of having a heart attack, stroke, or pulmonary embolism. Homocysteine testing may be most useful to assess the overall risk for heart disease for individuals that have a strong personal or family history, but without controllable risk factors such as smoking or high blood pressure.

### **Vitamin D, 25-Hydroxy                      Cost: \$56.00**

Vitamin D plays a key role in maintaining several aspects of overall health. Studies have shown a link between Vitamin D levels and a risk for developing cancer. Vitamin D can reduce the risk of prostate, endometrial, skin, and pancreatic cancers. Vitamin D also plays an integral role in calcium homeostasis, and in the maintenance of healthy bones. Vitamin D deficiencies have also been linked to an increased risk of developing autoimmune diseases, multiple sclerosis, type 1 diabetes, hypertension, and cardiovascular disease. Vitamin D is usually developed in the body through sunlight exposure, and by consuming meat & milk rich in Vitamin D.

### **ABO Grouping /Rho(D) Typing                      Cost: \$17.00**

This test determines an individual's Blood Type.